

# MULTICULTURAL MENTAL HEALTH



## Does Mental Health Matter?

Mental health directly and indirectly impacts all of us.



**1 in every 5 adults**

in the U.S. experiences a mental health condition.

**1 in every 5 children**

ages 13-18 have or will have a serious mental health condition.



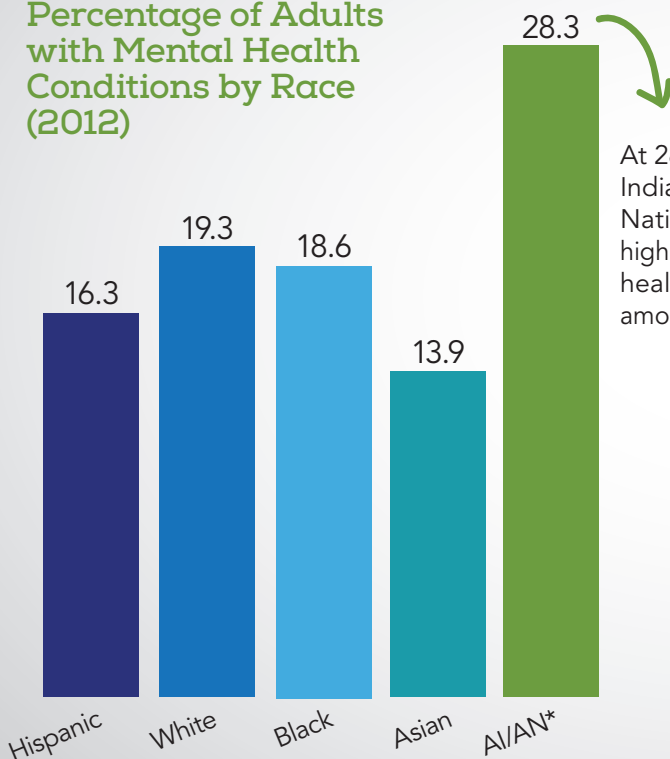
Mental health is part of overall health. Mental health conditions cause changes in thoughts, feelings and mood.

Mental health conditions can affect many areas of your life including: home, work, school, relationships with others, sleep, appetite, decision making and may worsen other medical problems.

## Does Mental Health Affect My Community?

Culture, race, ethnicity, gender, age and sexual orientation influence mental health care rates, attitudes, access and treatment.

Percentage of Adults with Mental Health Conditions by Race (2012)



At 28.3%, American Indians and Alaska Natives have the highest rate of mental health conditions among all communities.

\*American Indian/Alaska Native

Percentage of Adults with Mental Health Conditions by Age

**21.2%**  
Ages 18-25



**19.6%**  
Ages 26-49

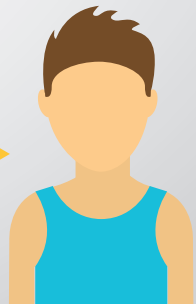


**15.8%**  
Ages 50+



Lesbian, Gay, Bisexual, Transgender & Questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.



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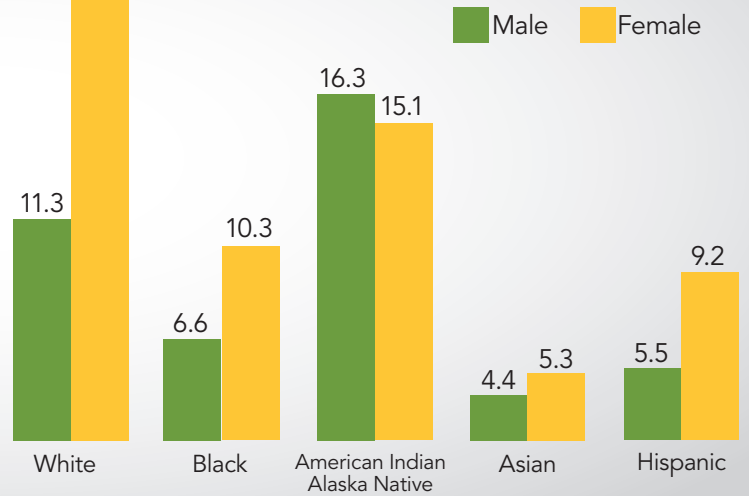
# What Critical Issues Do Multicultural Communities Face?

- ✓ Less access to treatment
- ✓ Less likely to receive treatment
- ✓ Poorer quality of care
- ✓ Higher levels of stigma
- ✓ Culturally insensitive health care system
- ✓ Racism, bias, homophobia or discrimination in treatment settings
- ✓ Language barriers
- ✓ Lower rates of health insurance

## Disparities in Care

- Provider bias and lack of cultural sensitivity result in misdiagnosis and/or people dropping out of care.
- 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

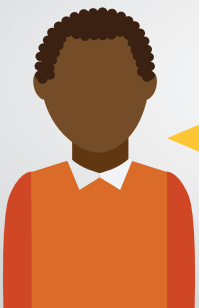
## Mental Health Service Use among Adults by Race (2008-2012)



# Signs Someone May Need Help

- ! Feeling very sad or withdrawn for more than two weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- ! Trying to harm or kill oneself or making plans to do so.
- ! Out-of-control, risk-taking behaviors that can cause harm to self or others.
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- ! Sudden or unexplained physical aches and pains such as headaches or backaches.
- ! Severe mood swings that cause problems in relationships.
- ! Repeated use of drugs or alcohol.
- ! Drastic changes in behavior, personality or sleeping or eating habits (e.g. waking up early, not eating or eating too much or throwing up).
- ! Extreme difficulty in concentrating or staying still that can lead to failure in school or problems at work.
- ! Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes or work.

# Is there hope?



## Recovery is Possible.

People with mental health conditions can recover and live full and successful lives. Cultural competence in service delivery can greatly increase access and quality for diverse communities.

## Ways to get help:

- Talk to your doctor
- Get a referral to a mental health specialist
- Work together to make a plan
- Visit [www.nami.org/multicultural](http://www.nami.org/multicultural)
- Connect with others
- Learn more about mental health
- Ask how your culture will be integrated in your treatment